



Special Issue

News From Council District Two



**Metropolitan
King County
Councilwoman
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District Two

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Dear Friends & Neighbors

For the past several years, I have heard from many residents of North/Northeast Seattle that the *King County Farm Fresh* guide is their favorite District Two newsletter of the year. So, once again, here is updated information on the availability of fresh produce and locations. The Puget Sound Fresh program was created by the King County Agricultural Commission to assist in preserving the rich farming heritage of our area. The idea is that if we support local farmers, we support the goals of sustainable living – as well as threatened agricultural lands that have given way to development over the years.

As your own gardening season begins - no matter what you grow - I would encourage you to take advantage of King County's Cooperative Extension Program. In conjunction with Washington State University, this program offers practical information and advice on horticulture for the city gardener. Their general information line is (206) 296-3900. The Master Gardener Plant Problem and Phone Clinic number is (206) 296-3440. As many of you already know, healthy plants and a healthy garden need little or no pesticides or herbicides.

As always, it is an honor to represent you on the Metropolitan King County Council. Please feel free to call or write at any time.

Sincerely,

**Inside: Farm Fresh Guide and Regional
Park and Trail Highlights**

COUNTY FRESH FARM PRODUCTS

Please remember that weather conditions may change harvest dates. Call ahead to check product availability. This list was prepared with information provided by, and with the permission of, the Puget Sound Farm Direct Marketing Association. Complete copies of the "Farm Fresh Guide" are available at your local library.

EAST KING COUNTY

1 Woodinville Farmers Market

425-485-1042

Open air market in downtown Woodinville, next to city hall. Nearby are wineries, the Burke-Gilman Trail and Molbaks. Fresh seasonal fruits and vegetables from local Washington farmers. Beautiful flowers and perennials, baked goods and handmade crafts. Open every Saturday, March 27th thru October 16, 9 a.m. to 4 pm

2 Lydon's Blueberry Farm

425-788-1395

U-pick blueberries. Mid-July until frost. Wednesday through Sunday, 9 a.m. - dusk. Closed Monday & Tuesday - call first. Larry and Bette Lydon, 14510 Kelly Road NE, Duvall 98019, 6 miles east of Duvall.

3 Game Haven Greenery/Two Brothers Pumpkin Patch

425-333-4313

Vegetable plants in spring. Field grown nursery stock. We pick or U-pick pumpkins. Salad greens. Natural grass fed beef. Call for availability. The Schmoll Family, 7110-310th Ave. NE, Carnation 98014. 1 mile north of Carnation on Carnation Farm Rd.

4 Harvold Berry Farm

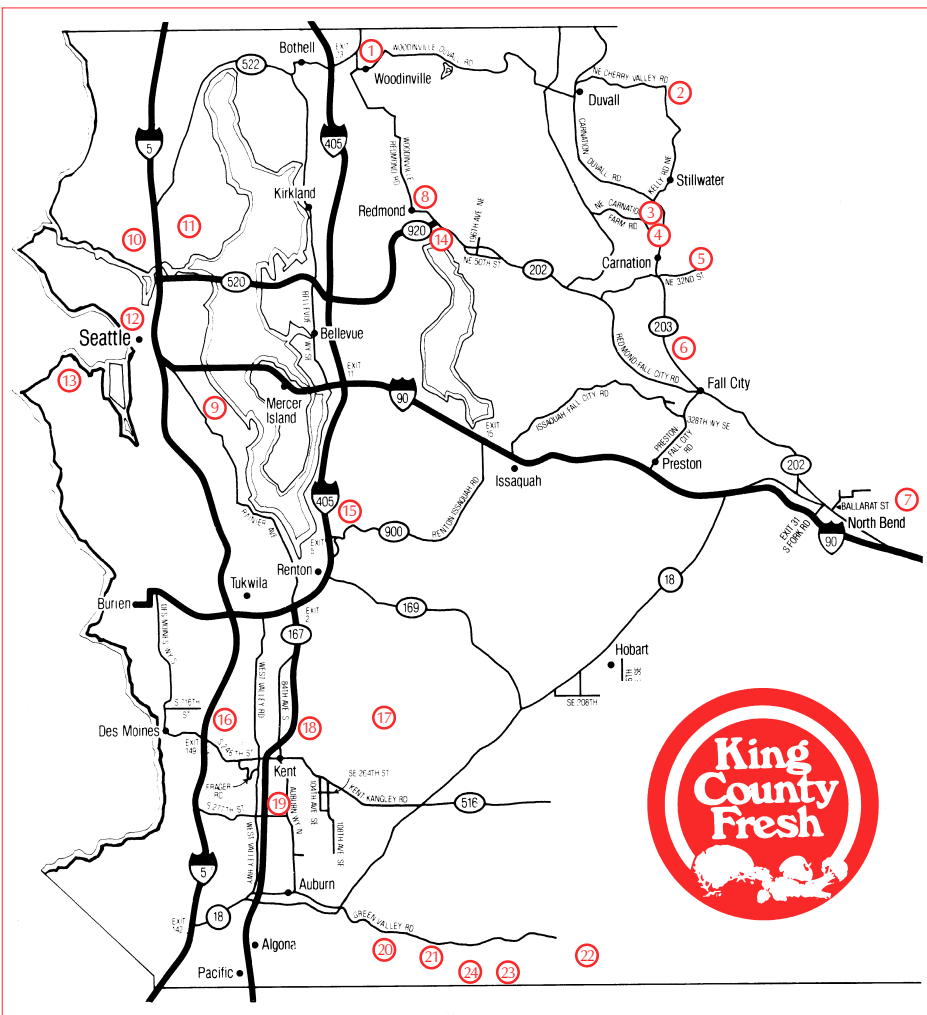
425-333-4185

U-pick strawberries mid-June thru July 4th. U-pick raspberries July 1 thru July 31st, Daily: 8 a.m. - 8 p.m. Free containers. Herman Harvold, 32325 NE 55th, Carnation 98014. Located at north city limits on the Carnation-Duvall Road, Highway 203.

5 Remlinger Farms

425-451-8740 / 425-333-4135

- Direct Farm Market seasonal Fruit & Vegetables
- Old fashioned fun on the farm & U-pick
- Seasonal Festivals & Entertainment
- Farm animals: Viewing and Petting
- Nursery, Garden Shop & Consignment Handcrafts
- Bakery (featuring fresh frozen "U-Bake" Pies)
- Restaurant, catering & location for company picnics
- Rent the Party Barn, or the theater for your



Birthday parties complete with a puppet show. Open May thru October. Call for Ripe-n-Ready Report. Gary, Bonnie, David, Jaque Remlinger, NE 32nd St. Carnation 98014. One mile south of town, off Highway 203.

6 Fall City Farms

425-222-7930

Open in July with U-Pick garlic, organically grown rice and herbs. In the following weeks we offer specialty garlics, shallots, elephant garlic, corn, pumpkins, apples, cider, honey, dried tomatoes, gourds and more. Thursday thru Monday from 10-6, July 10th until November 1st. Open Sunday, 11 a.m. to 6 p.m. Hours and days may vary. Bring your own bags, please. We offer tours for schools and general public. Rob and Debbie Arenth, 3636 Neal Road. Take 1st left off of Highway 203 heading North from Fall City.

7 Bybee-Nims Farms

425-888-0821

Blueberries: U-PICK. Open mid-July to mid-September daily, 9 a.m. to dusk. Picnic tables available, bring your lunch and your camera.



Take I-90 exit 31, turn left, continue through next 2 signal lights, go to signal light at North Bend Way, turn right, go two blocks to Ballarat Ave. North. Turn left, continue north and east on arterial to 428th "T", continue left. After crossing river, turn right, watch for signs. Farm is about 1 and 3/4 miles from town. 42930 SE 92nd St., North Bend 98045.

8 Redmond Saturday Market

425-882-5151

The Eastside's original open air Farmers Market features organically grown vegetables, fruits, and berries. Flowers and plants for sale direct from grower. Craft items made and sold

Seattle Markets

9 Columbia City Farmers Market 206-722-4835

www.ci.seattle.wa.us/don/columbia

"Come for the freshness, stay for the fun" at Seattle's southeast outdoor Farmer's Market in historic Columbia City. A wide selection of fresh organic and traditional fruits, berries and vegetables, starter plants, fresh cut flowers, herbs, etc. Fresh baked goods, honey and more. Entertainment, gardening and cooking events. Every Wed. 3 p.m. - 7 p.m., June 2 thru Oct. 6, Columbia City Plaza, 4801 Rainier Ave. South (at intersection of S. Edmunds).

10 Fremont Sunday Market (* Not a member of the PSFDMA)

Northwest of the Fremont Bridge Sundays 10 a.m.. Besides fresh farm products, the Fremont Sunday Market is also known for its eclectic array of handmade jewelry and art. Also, don't forget Fremont outdoor cinema on Friday and Saturday evenings at dusk. De Libertas Quirkas!

11 University District Farmers Market 206-633-1024

Come visit Seattle's best "growers-only" Farmers Market. Buy direct from over 50 WA state farmers. Seasonal fresh fruit and vegetables from both sides of the state. Fresh organic produce, herbs and flowers, mushrooms, cheese, eggs, nuts, cider, preserves, honey, plants and nursery items, fresh baked goods. Weekly entertainment cooking demos and expert gardening and composting advice. Saturdays, May 29th - Nov. 6th, 9 a.m. - 2 p.m. On the "Ave" at the corner of NE 50th and University Way NE. From I-5, take 50th St. exit. Head east on NE 50th for 1/2 mile to corner of 50th and University Way. Located outdoors at University Heights Community Center. Parking tokens available for one hour free parking at U-District lots.

12 Pike Place Market 206-682-7453

Founded in 1907, Pike Place is the oldest continuously operating Farmers Market in the country. Buy direct from more than 100 Northwest farmers selling everything from Apples to Zucchini. From mid-June thru October, every Wed. and Sun. is Organic Farmer Day at the Market. In addition to farm fresh produce, Pike Place features fresh seafood, bakeries, crafts and 60 restaurants. Open year-round, Monday-Saturday 9 a.m. - 6 p.m. Open Sunday 11 a.m. - 5 p.m. Pike Place Market, First Ave and Pike Place in downtown Seattle 98101.

13 West Seattle Farmers Market 206-633-1024

Seattle's newest outdoor Market is devoted exclusively to fresh, Washington state produce brought fresh to market by our region's best growers. Buy direct from over 30 farmers. Fresh fruit and vegetables, organic produce, herbs, mushrooms, eggs, cider, honey, flowers and nursery stock. Sundays, June 20 - Oct. 10, 10 am to 2 pm. On the corner of Alaska and California in the Alaska Junction.

Please be patient, weather may change harvest dates

	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec
Apples (Fresh Picked)												
Asparagus												
Beans												
Beets												
Blackberries												
Blueberries												
Boysenberries												
Broccoli												
Brussels Sprouts												
Cabbage												
Carrots												
Cauliflower												
Celery												
Cherries (Pie)												
Cherries (Sweet)												
Corn												
Cucumbers												
Currants												
Dill												
Garlic												
Gooseberries												
Herbs												
Honey												
Lettuce												
Logan Berries												
Marion Berries												
Melons												
Nuts												
Onions												
Peas												
Peppers												
Plants (Bedding)												
Potatoes												
Pumpkins												
Quince												
Raspberries												
Raspberries (Fall)												
Rhubarb												
Spinach												
Squash												
Strawberries (June)												
Strawberries (Everbearing)												
Tomatoes												
Zucchini												

by the vendors, some made on site. Meet local artists & buy direct. Open Saturday, 8 a.m. - 2 p.m., May thru October 9th. Promotional days throughout the season with special activities for children. Located at 7730 Leary Way in downtown Redmond.

14 Serres Farm 425-868-3017

Strawberries: U-pick June thru mid-July, open daily, 9 a.m. - 7 p.m. Containers furnished. Pumpkin patch October 4 - 31, 10 a.m. - 5:30 p.m., weekends, weekdays 3-5:30 p.m. Christmas trees, cut and u-cut, Nov. 28 thru Dec. 20, weekends 9 a.m. - 5 p.m. weekdays 3-5 p.m. William and Nancy Serres, 20306 NE 50th St. Redmond 98053.

3 miles east of Redmond on Redmond-Fall City Highway (SR202) to Gray Barn, then south (right) 1 block (.15 mile) on Sahalee Way, then west (right) .25 miles on NE 50th to farm.

SOUTH KING COUNTY

15 Kennydale Blueberry Farm 425-228-9623

Our farm will not be open this year due to major pruning and field restoration. We will be back next year with easier to pick bushes. Please understand that we are not going out of business. See you next year. Darrell & Sue Kinzer, 1733 NE 20th Street, Renton, 98056.

16 Cruz-Johnson Farms
253-872-8017

A little country left in the Kent Valley. Three varieties of raspberries beginning in July. Eleven varieties of sweet corn: including yellow, bicolor and white. Picked fresh daily beginning in August. Open Mon. thru Sat. CLOSED SUNDAY. June-Aug., 8 a.m. - 6 p.m. September and October 10 a.m. - 6 p.m. Call for recorded information on product availability. Fred & Terry Johnson, 22243 Frager Road, Kent 98032. From I-5, take exit 152, go east on Orillia Road 2 miles. Turn right onto Frager Road. One mile south on right. From Kent, 3 miles north of golf course.

17 Thorsett Landscape Nursery

253-631-5838 www.thorsett.com

Open Daily year-round. Spring/Summer hours: Mon. thru Sat. 9-6, Sun. 10-5; Fall/Winter hours: Mon. thru Sat. 9-5, Sun. 10-4. Full service nursery on Kent East Hill, scheduled events and classes. 132nd Ave. SE and SE 226th Place.

18 Carpinito Bros. Farm Stand

253-854-5692

Strawberries, raspberries, blueberries, corn, beans, beets, carrots, cabbage, lettuce, cauliflower, broccoli, peppers, potatoes, tomatoes, cucumbers, and pickling accessories. Cherries, pears, apricots, prunes, grapes, apples. Garden store/nursery-bedding plants, screened valley topsoil & bark. October - pumpkins; December - Christmas trees, green & flocked. Open all year daily, 9 a.m. - 6 p.m. Mike and Dan Carpinito, 1148 North Central Avenue, Kent 98032.

19 T&M Berry Farm

(253) 941-1435, (253) 859-4193

U-pick raspberries. Centennial and Tulameen raspberries begin early July. Open daily 8 a.m. depending on availability of ripe berries. Please call ahead. Free containers. No sprays on berries. Children welcome with parents, but please, no school or care groups. We do not have the facilities to accommodate them. Go south of Kent on 3rd about 1.5 miles, or go north of 277th on 78th about 1/2 mile. Watch for signs.

20 Mosby Brothers Farm Stand

(253) 939-9431/(253) 863-9733

Find a full line of produce and seasonal fruits and berries at our roadside stand. We also have a U-pick pumpkin patch in October. East of Auburn on the Green Valley Road. From Highway 18, take the Auburn-Black Diamond Road Exit. Stay to the right past the Neely Mansion. Go approximately 1 mile. Located on the corner of Academy Drive and Green Valley Road. Open June to Sept, call for hours.

21 John Hamakami Strawberry Farm

(253) 833-2081

U-pick Strawberries. Nothing like fresh U-pick berries for freezing, preserving and/or fresh



Community Supported Agriculture farms use an innovative, alternative approach to market their produce directly to you, the

consumer. These farms have grown rapidly in this area in recent years and have proven to be a successful and fun opportunity for farms to expand beyond their traditional marketing avenues.

Generally, all CSA farms operate in the following manner: "Shares" in the farm are purchased that entitle you to weekly deliveries of produce throughout the growing season (varies somewhat with each farm). Your weekly share is generally available on-farm for pickup and there are usually other sites as well to make it more convenient for you. You benefit from this arrangement by having access to the freshest produce available at prices generally below retail and you often have the opportunity to participate in on-farm events such as harvest festivals. Farmers benefit from this arrangement by having a guaranteed market for their produce, obtaining a good price for their product and receiving the income up-front to match the time of their greatest expenditures. CSAs are reversing the growing trend of consumer alienation from the source of their food.

eating. Please call for availability and picking times. Farms located 5 miles east of Auburn on the road to Flaming Geyser Park. John Hamakami, 14733 SE Green Valley Road, Auburn 98092.

22 Bob's Produce

(360) 825-5994

Local and Yakima fruits and vegetables. Bedding plants, vegetable starts and flower starts. Hanging baskets and hanging tomato baskets. Handmade gifts, wishing wells, windmills, cow-planters and more. Fresh made jams and honey. Open May 15th to November 1st, 9:30 a.m. to 7 p.m., daily. 41126 SE 264th Enumclaw, WA 98022. Highway 169 just 2 miles North of Enumclaw.

23 Rockridge Asian Pear Orch. & Bamboo Grove

(360) 825-1962

A taste of Asia in Enumclaw. We have 17 varieties of Asian Pears. Each with its own

Get involved in Community Supported Agriculture (CSA)

Listed are various Puget Sound locations and the CSA farms that service that area:

East King County:

Full Circle Farm (North Bend)

Andrew Stout

425/831-2151

Growing Things (Carnation)

425/333-6386

Jubilee Farm (Carnation)

Erick Haakenson

425/222-6108

The Root Connection (Redmond)

425/774-8844

Seattle Area:

Goodlett's Farmlett

Liza White

206/722-0508

Holly Park Most Abundant Garden

Martha Goodlett

206/978-6372

Longfellow Creek Farmlette

John Smersh

(206) 933-6606

Pike Place Market CSA Basket

Karrie Stevens

206/682-7453

Rainier Vista Sunrise Garden

Martha Goodlett

206/978-6372

unique flavor. Sold by weight or case. Freshly pressed Apple and Asian Pear ciders, fresh gourmet bamboo shoots and bamboo nursery stock too! Open Aug. 13th thru Oct. 3th, Fri. thru Sun., 10 a.m. to 6 p.m.. Located at 41127 - 212th Avenue SE, Enumclaw, WA 98022.

24 Susie's Produce

(360) 825-7429

Complete line of local and Yakima produce. Some organic produce available. Bedding plants, vegetable starts, herbs and flower baskets. Eggs and honey. See product reference guide for complete listing. Call for availability on U-Pick. We give farm tours in October by reservation. Open 9 a.m. to 6 p.m., May thru October 31st. Located at the Auburn-Enumclaw Highway and 196th Avenue, Enumclaw.

King County Regional Park Highlights

Access to all the parks highlighted here is possible by private automobile. With the exception of Cougar Mountain, all of the parks are on Metro transit routes. For information about which routes will take you to the parks, contact Metro at 206-553-3000.

1. Beaver Lake Park

24400 SE 24th St.
Sammamish -- 86 acres

- Ballfields
- Picnic tables, outdoor cooking facilities
- Fishing area
- Children's play area
- Trail areas

2. Marymoor Park

6046 W. Lake Sammamish Parkway N.E., Redmond -- 524 acres

- Softball & soccer fields, lighted tennis courts
- Picnic tables, outdoor cooking facilities
- Model airplane area
- Children's play area, Velodrome
- Clise Mansion historical site
- Archeological site
- Off-leash dog area

3. Lake Wilderness Park

23601 S.E. 248th
Maple Valley -- 108 acres

- Softball, soccer fields and tennis courts
- Picnic tables, outdoor cooking facilities
- Summer swimming beach
- Boat launch
- Children's play area, trails, arboretum

4. Coal Creek Park

Coal Creek Parkway & SE 60th Ave.,
Bellevue -- 303.5 acres

- Hiking Trails

5. Cougar Mountain Regional Wildland Park

Cougar Mountain Road
2,800 acres (only a small portion is developed)

- Picnic tables, trails
- Scenic vistas

6. Fort Dent Park

Southcenter Blvd.
Tuwikila -- 54 acres

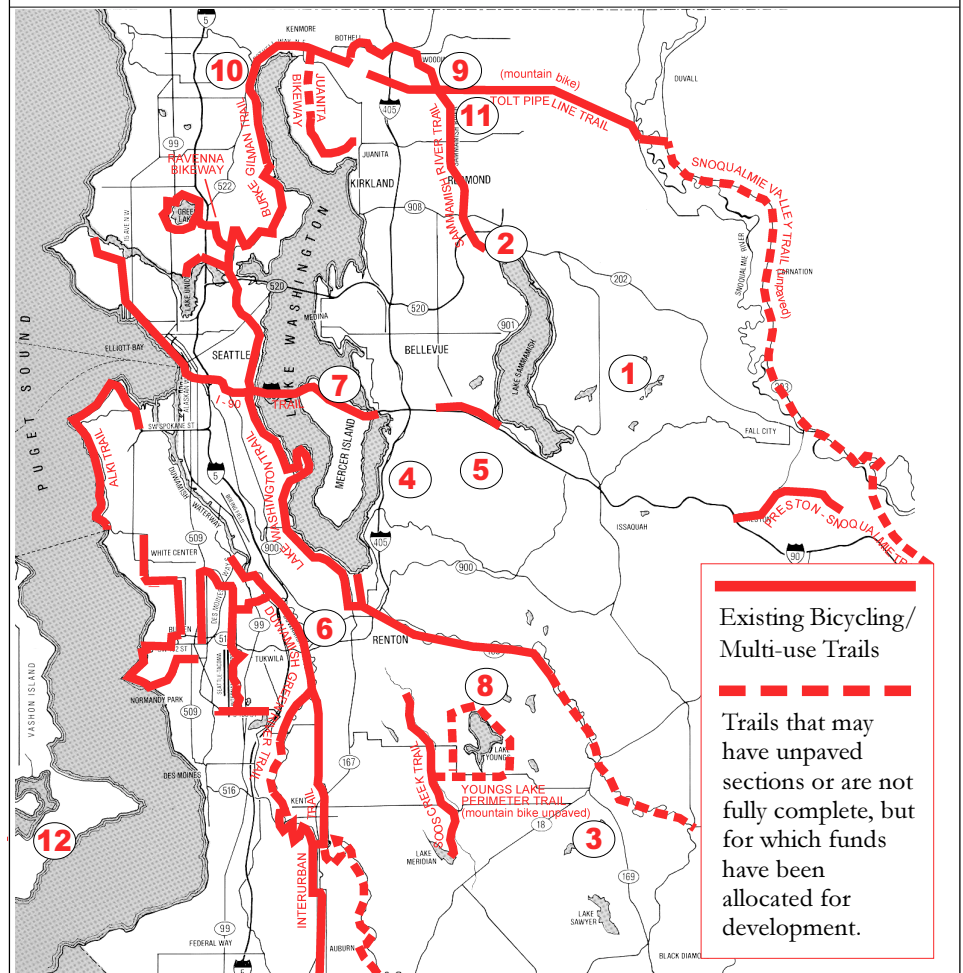
- Lighted multi-use ballfields
- Picnic tables, outdoor cooking facilities, concessions
- Play areas, restrooms

Bicycling Highlights in King County and Seattle

For more information about bicycling call:

King County Park System 206-296-4232
Seattle Engineering Bicycle Program 206-684-7623
Cascade Bicycle Club Hotline 206-522-BIKE
Back Country Bicycle Trails Club Hotline 206-283-2995

King County Parks Website: www.metrokc.gov/parks



Existing Bicycling/
Multi-use Trails

Trails that may have unpaved sections or are not fully complete, but for which funds have been allocated for development.

7. Luther Burbank Park

2040 -- 84th Ave. S.E.
Mercer Island -- 77 acres

- Outdoor amphitheater, tennis courts
- Picnic tables, children's play area, trails
- Summer swimming beach
- Day use boat moorage
- Off-leash dog recreational area

8. Petrovitsky Park

Petrovitsky Road & SE 176th Pl. -- 90.5 acres

- Lighted multi-use fields
- Picnic tables
- Children play areas

9. Tolt Pipeline Trail

From east of Bothell to west of Duvall

- For horses, mountain bikes and pedestrians

10. Burke-Gilman Trail

From Fremont Bridge to Blythe Park in Bothell (connects to Sammamish River Trail)
15.5 miles

- For bicycles and pedestrians

11. Sammamish River Trail

From Bothell, along Sammamish River to Marymoor Park (Connects with Burke-Gilman Trail near Blythe Park)

- For bicycles and pedestrians

12. Dockton Park

Vashon/Maury Island

- Picnic Tables
- Boat moorage, campground with 3-night limit, for reservations, call 296-4287

Inside: Farm Fresh Guide and Regional Park and Trail Highlights

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Seattle, WA 98104-3272

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Councilwoman
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University District Farmers Market Ripe for the Picking

The University District Farmers Market put down roots for a seventh season of fresh produce, entertainment and food education through November 6, 1999. 50 Washington state farmers and food producers will be on hand with the largest and best variety of local produce available in the Seattle area.

Last year, the Market was highlighted by the *New York Times* one of the best food events in Seattle and chosen by the *Financial Times of London* as one of the top six farmers markets in the United States. It has become the largest Market site for farm direct sales in the state. Last year, over 10,000 customers visited the Market and spent \$700,000 on local farm goods, making it the largest venue for farm-direct sales in the state.



50 Washington state farmers and food producers provide the largest and best variety of local produce available in the Seattle area.

The Farmers Market will harvest its usual crop of entertainment and information. Weekly music, the successful “Celebrity Chefs” cooking series and produce “taste-offs” are just a few of the special events planned for the season. Seattle Master Gardeners, Seattle Tilth and Seattle P-Patch are always on hand to offer customers valuable gardening and composting advice.

Open 9 am to 2 pm every Saturday, located at the University Heights Center, on the corner of NE 50th and University Way NE. Parking tokens for one free hour of parking are available at the market and valid at lots throughout the U-District.

The U-District Farmers Market is a nonprofit event hosted by the University Heights Center.